HEALTH & WELLNESS

HW01: Alcohol Awareness

Most, if not all workplaces have a zero-tolerance for alcohol, but the effect it can have on your employees in their personal lives can still be a negative factor at work. This course presents the facts about alcohol consumption and defines the difference between use and abuse. It explains both the short and long-term effects of alcohol on the body and mind and discusses the signs and symptoms of intoxication and alcohol abuse so employees can recognize them and take action. With this information, employees can think about their choices and be encouraged to make responsible and safe decisions.

42 min.

HW02: Diet and Exercise

Diet and exercise are the keys to staying healthy. Sometimes it just takes a review of the basics to remind us that this is an achievable goal. This course offers nutrition information employees can easily understand and use in their day-to-day meal planning. It also discusses the health benefits to be derived from adding more activity to your lifestyle, in addition to offering exercise examples and ideas on how to get started.

11 min.

HW04: Tobacco and Smoking

Tobacco use can lead to many health issues and is the single most preventable cause of death in the U.S. In this course, we will describe the health effects of both smoking and smokeless tobacco. We will also discuss the benefits of quitting smoking, as well as tips and resources for smoking cessation.

20 min.

HW03: Stress

Stress is recognized as a normal part of life, but when it becomes excessive, debilitating, or overwhelming, it needs to be managed and controlled. This course defines stress, explains where it can originate, identifies different types and effects of negative stress, and offers strategies to effectively manage and cope.

12 min.